

Course Catalog 2011-2012

Platinum Cheer Stars



School of Cheer & Tumble

Courses:

Tumble Tots- These exciting classes teach the vital skills of balance, coordination, body awareness, and movement education while building strength, flexibility & self-esteem. Your child will have fun and gain self-confidence as he/she learns beginner gymnastics skills. Ages 2-3 **Saturdays 9:00am (4month session)**

Beginner Tumble- A class designed to make the beginner tumbler at ease in the gym environment, and introduce them to basic and beginner tumbling skills. Ages 4-6 **Fridays 4:00-5:00 (4 month session)**

Level 1 - Those wanting to learn the beginning fundamentals of tumbling including handstand, cartwheel, round off, bridge, and front and back walk over (75 min). **Thursdays 4:30 (4 month session)**

BHS Class- Those who have learned their round off and are ready to progress to their back and front handsprings. Students should have a front and/or back walkover prior to attending this class (75min). **Saturdays 10:00am (4 month session)**

Level 2- Those with a round off back handspring and ready to learn a series of back handsprings, their back tuck, and front tumbling skills such as punch fronts and front handspring step-outs. (75min) **Saturdays 11:00am (4 month session)**

Level 3- Those with a round off back handspring back tuck and are ready to progress to the advanced skills in tumbling such as connections to a back tuck and back layout. Athletes will also work on their standing back tuck and handspring tuck. (75min) **Saturdays 12:00 (4 month session)**

Level 4- Those who have a layout and are ready to progress. This class will be focused on the advanced skills and specialty skills required in being a level 4/5 tumbler. This includes standing and running tumbling, advanced connection skills, and polishing off of current tumbling skills. **TBA**

Cheer Prep- This class provides instruction in cheerleading basics: motions, jumps, stunts and dance. Cheerleaders will be separated by experience and age groups. **Saturdays 1:00pm (4 month session)**

Day Camps:

Stunt and Flyer Camp- This camp is great for cheerleaders who need to work on flexibility and flying and stunting techniques. Cheerleaders will be separated by experience and age groups. **TBA**

Cheer 101- This camp provides instruction in cheerleading basics: motions, jumps, stunts, tumbling and dance. Plenty of games and activities as well! Cheerleaders will be separated by experience and age groups. Pack your lunch/snacks/drinks and prepare for a fun-filled day! (ages 6-18) **Tuesday, Nov 8 and/or Mon, Jan 16. 9:00-5:00**

Additional Activities:

Santwon's Tumble Clinic- Come flip with a Cheerlebrity! Santwon McCray will encourage and motivate, and share his inside tips to get you to the next level! Don't miss out!

Mon, August 15 7:00/8:00 and Wed, August 17 7:00/8:00

Open Gym- Open gym time is offered to allow **individual students** an opportunity to practice tumbling on their own with limited supervision in an informal but helpful setting. (60min) **Saturdays 2:00**

Private Lessons- These can be scheduled with any PCS instructor. This time can be used for target tumble, cheer or stunting skills.

Coaches Training- Calling all coaches! Hands on training involving stunts and basic tumbling. Emphasis on safe progressions. This can be geared specifically to YOUR needs! **Tuesday, August 23 6:30-8:00**

Pricing and Registration Information

PCS Cheerleaders/Non-Member Pricing

FREE/\$65 (1 class monthly, Sept-Dec and/or Jan-April \$260 for each session)

FREE/\$5-Open Gym

\$20 - 30 min Private Lesson **(There will be an additional gym fee of \$5 per lesson required if you are NOT currently enrolled in tumble classes or cheer for PCS)**

\$40/\$55- Cheer 101 Day Camp

\$15 -Coaches Training

\$10/\$20 Santwon's Tumble Clinic Monday, 8/15-Level 1 7:00 (Learning BHS) Level 2 8:00 (Learning ROBHS tucks)
Wednesday, 8/17- Level 3 7:00 (Learning Layouts), Level 4 8:00 (Specialty Skills/Fulls)

*PCS Cheerleaders may attend tumble classes FREE, however you must still sign up to assist us in staffing appropriately.

**All classes are subject to cancellation due to enrollment minimums.

**Please check our website weekly for cancellations if needed due to weather, competitions etc.

You may register at the gym Mon-Thursday 5:00-8:00, or mail to 23225 Airpark Drive, Petersburg, VA 23803

Name of Student

AGE ON AUGUST 31, 2011

	Class Name:	Day of Week	Time
Example:	Tumble 1	Saturday	10:00-11:15
Example:	Cheer Prep	Saturday	1:00-2:00

1st Class/Activity_____

2nd ClassActivity_____

Parent Name_____

Email_____ (Required) *Class Confirmation/information will be emailed.*

Payment **MUST** be made prior to the first class day of the month.

Are you a Member of our Competitive Cheer Teams? Yes/No

For Session Classes only:

_____ I elect to pay in monthly installments. (Sept-Dec and Jan-April)

_____ I will pay in full (10% discount) for each session in the amount of _____.

***All students are required to have a waiver and registration form on file in the office.**